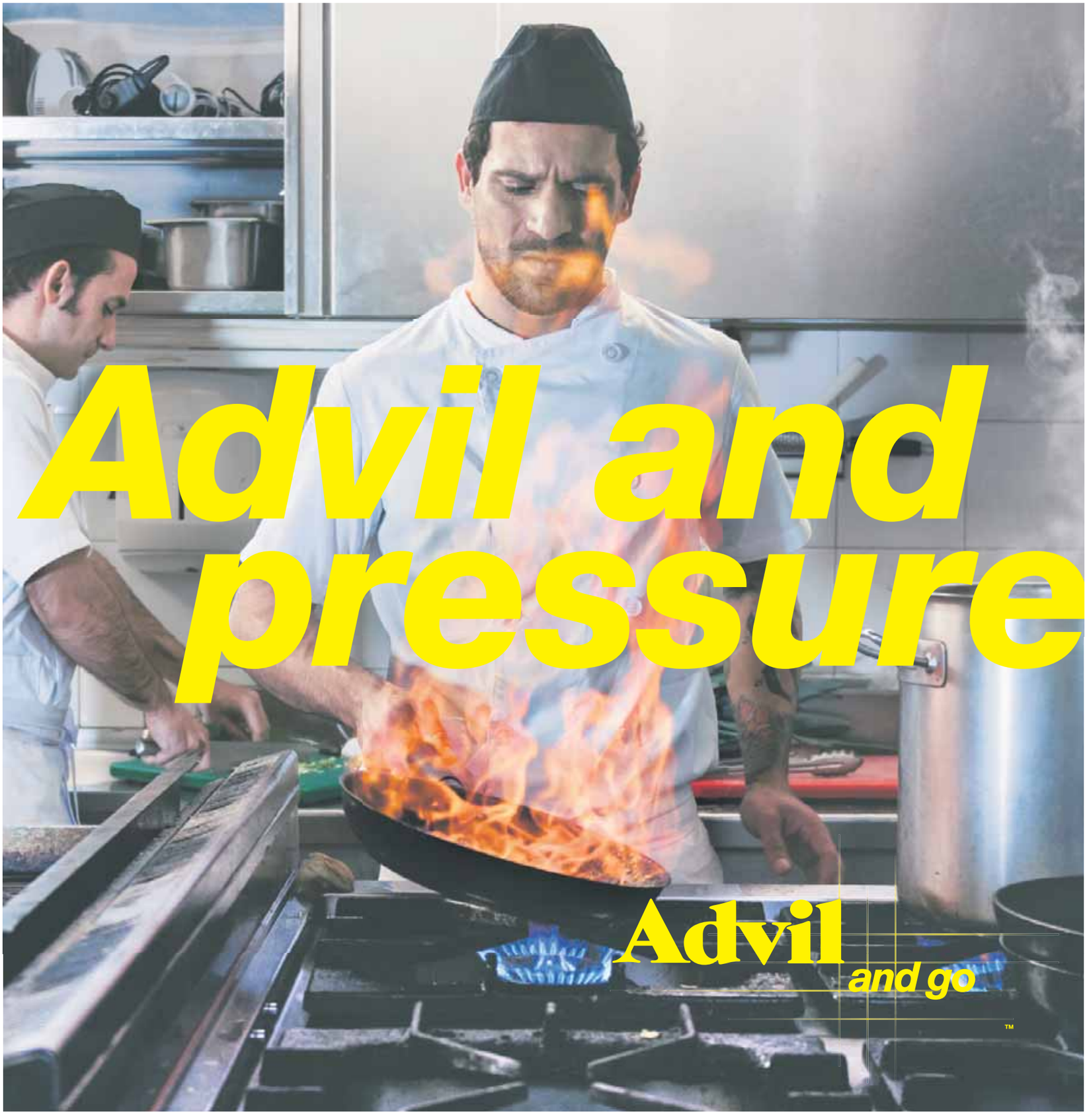
Vancouver metro

TUESDAY, NOVEMBER 17, 2015



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Your essential daily news | TUESDAY, NOVEMBER 17, 2015 High 10°C/Low 6°C Rain

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CELEBRITIES AND HIV
Sheen expected to address rumours

A joint approach

Victoria's mayor wants uniform rules for marijuana dispensaries

metroNEWS

JUSTIN SULLIVAN/GETTY IMAGES

Woman stands against Islamophobia

BACKLASH

Burnaby Muslim called 'dirty terrorist' after attacks

Thandi Fletcher
Metro | Vancouver

In the wake of the deadly Paris attacks, a young Muslim woman in Burnaby is speaking out to show that extremists are not a part of Islam after she says a stranger called her a "dirty terrorist."

On Saturday afternoon, Sabrina Lalani was waiting for a bus on Cumberland Street and 15th Avenue when she said a man in a blue vehicle yelled out the window at her while driving past, calling her a "dirty terrorist."

"My first instinct was to look around and see who he was talking to," she told Metro. "But there was no one else around so I realized it was me. I was amazed because it has never happened to me before."

The 21-year-old, who identifies as Muslim, said she doesn't wear a headscarf, but had tucked a scarf over her hair that day as a shield against the rain.

Lalani said she considered reporting the incident to police but said it happened so quickly she wasn't able to take note of the vehicle type and licence plate, or get a description of the driver.

With the incident happening a day after Friday's terrorist attacks in Paris, Lalani said she believes she was the victim of what she described as mounting backlash against Muslims following the attacks, for which the Islamic State of Syria and the Levant (ISIL) has claimed responsibility.

Since the attacks, Lalani said she has noticed an increasing number of anti-Muslim comments on social media. She described the growing sense of Islamophobia as similar to how she felt living in Alabama after the Sept. 11 attacks.

She isn't alone in her observation. Ihsaan Gardee, executive director of the National Council of Canadian Muslims, said there is concern in the community about being targeted.

The group advised Muslims to be vigilant about the potential for backlash. "In our experience, following these kinds of tragedies or when Islam or Muslims are portrayed negatively in the media, we do tend to notice a spike in the number of hate crimes and hate incidents that are reported to NCCM," said Gardee.

On Monday, Lalani took to Facebook to share her experience. In a post directed to the man who yelled at her, Lalani said she wondered if it was the scarf on her head or the colour of her skin that prompted the offensive comment

"You just assume I am Muslim and just assume I am a terrorist," she wrote. "Muslims are not the problem, people who judge and assume are. People who assume what Islam is, whether it be terrorism or an excuse to promote violence, are the problem."

Although she doesn't often post comments about politics or religion on Facebook, Lalani said it was important for her to make it known that Muslims want no part in the extremism and violence that terrorists commit in the name of Islam.

"This is not Islam at all," she said. "If this was the religion, I wouldn't be in it.… This isn't religion. This is just bad people doing bad things."

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Seawall piece breaks off

STANLEY PARK

Windstorm damage leads to public closure of section

Matt Kieltyka
Metro | Vancouver

A section of Stanley Park's seawall was closed to the public after a windstorm over the weekend caused it to break away into the ocean.

Vancouver park board's Howard Normann, the acting director of park operations, was at the site just north of Third Beach on Monday to survey the damage.

While the pavement used by walkers, joggers and bikers was undamaged, a part of the retaining wall jutting out of the water had eroded and collapsed.

A park ranger spotted the damage Sunday night, after a sudden windstorm that afternoon caught park staff by surprise.

"It was a bit of a freak wind. We didn't expect much in the afternoon, but it was blowing pretty good. And it was coming directly here," said Normann.

> **There's a lot of loose rock and sand, no rebar.**
> Howard Normann

Vancouver park board's acting director of park operations Howard Normann surveys the damage done to a portion of Stanley Park's seawall following a storm on Monday. MATT KIELTYKA/METRO

Normann said a large log may have pounded into the wall and broken a chunk of it away.

"You can imagine the big waves we had (and) the erosion it could cause if we allowed it to continue this way."

An engineer has been called in to assess the damage.

There's no estimate for the timing and cost of repairs, which may be complicated by the elevated tides and limited daylight hours of winter.

And now that king tide season is here, the park board says it will be on the lookout for any further damage or signs of erosion along the seawall.

"This is one of the original pieces of the seawall. There's a lot of loose rock and sand, no rebar, so it's a very delicate part of the seawall once this happens and it starts to break away like this," said Normann. "With our king tides coming, (damage) could be more frequent. But, fingers crossed, this is the only section we'll have a problem with."

The affected portion of the seawall remained gated off to the public Monday.

JUSTICE

Wrongly convicted man still suing

A B.C. man wrongfully imprisoned for sex crimes for 27 years says he's "one third of the way done" a lengthy lawsuit after reaching a settlement with one of the defendants.

B.C. Supreme Court heard on Monday that the City of Vancouver has settled for an undisclosed amount with Ivan Henry, who stayed behind bars before being acquitted, in 2010, of 10 counts of sexual assault.

The parties reached an agreement midway through the trial, which began in late August, but the province and the federal government have not settled and remain defendants.

As part of the deal, the city unequivocally withdrew its allegations that Henry was still guilty despite his acquittal, according to a statement read by his lawyer John Laxton.

The trial was to establish Henry's right to compensation, but Laxton noted during the hearing that the city hadn't accepted the B.C. Court of Appeal's ruling that his client had been wrongfully convicted in 1983.

"It exonerates me in my own way," said Henry outside of court. "I'm feeling all right, but we'll see down the road what the rest of it brings.

"We're not done yet."

The settlement resolves any claims for damages Henry made through the city against the Vancouver Police Department.

THE CANADIAN PRESS

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Mayor calls for uniform rules for B.C. pot shops

MUNICIPALITIES

Victoria's leader wants input by senior government

Emily Jackson
Metro | Vancouver

The City of Victoria has proposed rules for pot shops that differ from Vancouver's new regulations governing marijuana dispensaries, prompting Victoria's mayor to call for uniform rules to avoid confusion across B.C.

A report going before Victoria city council on Thursday recommends much cheaper business licence fees for marijuana dispensaries — around $4,000 compared to $30,000 in Vancouver — and a 200-metre buffer zone between pot shops and schools instead of 300 metres in Vancouver. Meanwhile in Nanaimo, officials are cracking down on local dispensaries.

Victoria Mayor Lisa Helps said Monday it is "utterly frustrating" to have to deal with dispensaries on a city-by-city basis because it creates confusion across the province. She'd prefer if sales were regulated like liquor laws that apply across the board.

"My choice would be that someone tells us all what to do rather than all of us making it up," she said. "The federal government couldn't act sooner."

Helps explained that Victoria's rules are different from Vancouver's since it operates under B.C.'s Community Charter, not the Vancouver Charter, and thus can only charge a licence fee high enough to recoup its costs. The smaller buffer zone around schools and other dispensaries has to do with charter rules around rezoning versus development permits.

"This is the exact problem with municipalities taking this on … we get uneven regulations across the province and it makes no sense at all," Helps said.

Buds of marijuana are shown at The Dispensary, a medical marijuana dispensary in Vancouver, earlier this year.
JONATHAN HAYWARD/THE CANADIAN PRESS FILE

> **My choice would be that someone tells us all what to do rather than all of us making it up.**
> Lisa Helps, mayor of Victoria

On Thursday her council will also discuss whether it's better to wait and see if the federal government acts on the Liberals' promise to legalize marijuana, but Helps said there are risks associated with waiting when there are already two dozen marijuana-related shops in the city.

Vancouver's chief licence inspector Andrea Toma said she couldn't comment on how Victoria created its pot shop rules, but reiterated that Vancouver's 300-metre buffer zone was based on best practices from the U.S. She said Vancouver has no plans to change its system, noting it was "first out of the gate" when it came to extensive regulations.

Of the two pot shops that did not apply for licences by the city's deadline, one has since closed its doors and the other has stopped selling marijuana, Toma said.

The 176 pot shops that did apply for licences are moving through the city's process.

BLOODWORK

Pinprick can fuel 25 tests

Matt Kieltyka
Metro | Vancouver

The fear and light-headedness associated with blood testing may one day become a thing of the past.

Researchers at the University of Victoria have developed a method that can test for and measure 25 proteins found in the blood that are linked to certain cancers, cardiovascular issues and diabetes.

And all it takes is a pinprick on the finger and a single drop of blood dried on filter paper.

"We can do up to 25 different tests on the same drop of blood," said UVic biochemist Terry Pearson, who developed the technology with UVic adjunct professor and life-long friend Leigh Anderson. "It's very difficult to do that with current (blood) tests, which are a bit awkward and has that fear factor associated with it."

Pearson and Anderson, who is based in Washington, D.C., have been developing the technology for 13 years and have launched a start-up called SISCAPA Assay Technologies Inc. to bring it to life.

The technique is already being used by the Mayo Clinic and ARUP Labs in the U.S. to test for a protein associated with thyroid cancer.

The pair won the Human Proteome Organization's science and technology award and have also used the test to monitor biomarkers in athletes during the 2015 Pan Am Games and will do so again at the Olympics.

Pearson expects Canadian clinics may begin adopting the test for specific uses within the next two years.

Widespread use could follow.

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LNG plant plan launches

TSAWWASSEN

First Nation to hold first consultation before vote

A tiny First Nation in B.C. could play a huge role in Premier Christy Clark's billion-dollar plans to grow the province's liquefied natural gas industry.

The leadership of the Tsawwassen First Nation is encouraging its 290 eligible members to vote on a proposal to build a LNG export facility on the reserve, saying the potential benefits outweigh the limited drawbacks.

The First Nation, located in Delta, was to hold the first of several consultation meetings with its eligible voting members on Monday night, before the Dec. 16 vote.

Chief Bryce Williams said the proposed export facility was expected to require only a short stretch of additional pipeline between it and the nearby Tilbury LNG plant, which FortisBC broke ground on one year ago.

Construction workers look on at the FortisBC Tilbury LNG expansion project in Delta Monday.
JONATHAN HAYWARD/THE CANADIAN PRESS

"We think this project has potential to be relatively low-impact," said Williams.

The First Nation would seek to make use of an existing deep-water port nearby for shipment of the LNG overseas, he said.

But Williams acknowledged there are some "negative impacts" to think about, namely how the LNG is extracted. That's an issue he anticipates members to raise, he said.

"I appreciate this topic is likely to generate a lot of discussion in our Lower Mainland area," Williams said. "Our council would not be putting it forward if we did not think it important and had a lot of good potential benefits for our members and for our future."

B.C.'s Oil and Gas Commissioner confirmed earlier this year that fracking — or the process of injecting fluid into the ground to extract natural gas — set off a 4.4 magnitude earthquake in northeastern B.C.

> **We think this project has potential to be relatively low-impact.**
> Chief Bryce Williams

The proposed export facility would process between three and five million tonnes of LNG annually, with natural gas coming through an extension of an existing pipeline located 10 kilometres away.

The First Nation has pledged to uphold the strictest environmental practices, from extraction of the LNG to the loading of the liquefied gas onto tankers moored at nearby Roberts Bank, just north of the Tsawwassen ferry terminal.

Five to six tankers per month would be expected at the export facility, which is predicted to be in operation as early as 2022.

THE CANADIAN PRESS

TRAFFIC

B.C. town posts road signs warning of wild turkeys

Wild turkeys in Castlegar now have a way to cross the road and get to the other side.

A flock of about 30 turkeys has been causing traffic troubles in the West Kootenay town for about a year and a half, said Coun. Sue Heaton-Sherstobitoff.

"Basically, people were driving and slamming on their brakes because two, three, four times a day, they cross the road, I guess to go feed or to do whatever turkeys do," she said.

The poultry crossings caused some minor fender-benders, slowed traffic and even damaged vehicles.

When the birds became a safety issue, city council came up with two bright yellow signs adorned with pictures of the fowl to warn drivers of the hazard.

The signs were installed on Columbia Avenue about two weeks ago and so far, they seem to be working.

"People told me last week that the turkeys are actually crossing right below the signs," Heaton-Sherstobitoff said. THE CANADIAN PRESS

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Provinces to bring in 16K

REFUGEES

Ontario and Quebec proceed amid security fears

The federal Liberals are still days away from revealing their plans to bring in 25,000 Syrians by the end of the year, but Canada's two largest provinces say they're ready to bring in 16,000 refugees.

Quebec is pressing ahead with a plan to accept nearly 6,000 refugees despite the public's "legitimate worries" about security, Kathleen Weil, the province's immigration minister says.

Weil, Minister of Immigration, Diversity and Inclusiveness, says Quebec's plan is to resettle about a quarter of the refugees the newly elected federal Liberal government has committed to bringing into the country by year's end.

That works out to about 5,750 people, all of whom will undergo a criminal background check and health checks, in addition to being screened by Canada's national security agencies.

Ontario, meanwhile, is expected to receive some 10,000 refugees by the end of 2016. Health Minister Eric Hoskins said Queen's Park is working closely with federal counterparts to determine where and when the refugees will be settled.

Weil also addressed the security concerns in the wake of the attack, but said it is important Quebecers understand the "profile" of those the government will be bringing in.

"They are people who are fleeing violence. They are people who are fleeing the exact same acts of terrorism that we saw in Paris," she said. "They are people who are very vulnerable, who are worried, who are searching for a haven of peace."

The two opposing views fill a vacuum in the federal government's plans. Health Minister Jane Philpott, who chairs the cabinet committee working on the refugee file, said Ottawa's plans have not been formalized, and likely won't be until the next full cabinet meeting.

TORSTAR NEWS SERVICE

Quebec Immigration Minister Kathleen Weil speaks at a news conference in Montreal on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

SECURITY

Attacks raise questions

The terrorist attacks in Paris has led to questions about how France's intelligence agencies could have missed the plot and whether other countries could be more vigilant. Michel Juneau-Katsuya, a former senior intelligence officer with the CSIS, said the nature of the threat is that they can strike anywhere, anytime, so the source of the problem needs to be tackled. METRO

SASKATCHEWAN

Put plan on hold: Premier

Saskatchewan Premier Brad Wall is citing safety concerns for his wanting the federal government to suspend its plan to bring in 25,000 Syrian refugees by year's end.

Wall said in a letter to Prime Minister Justin Trudeau he is worried that fast-tracking refugee claims could undermine the screening process.

"I do believe that if there's a chance that even only one person would use the refugee process to come into this country with a plan to do ill, to do bad things in Canada to Canadians, that's worth it, that's worth some circumspection," Wall said in Regina on Monday.

The premier said in his letter that the attacks in Paris are a grim reminder of the death and destruction even a small number of "malevolent individuals can inflict upon a peaceful country and its citizens."

Gunmen and suicide bombers killed 129 people and injured about 300 in the French capital on Friday night.

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IN BRIEF

Canadian injured in Paris attacks: Foreign Affairs

A Foreign Affairs spokeswoman says a Canadian was injured during the Paris terrorist attacks on Friday. Diana Khaddaj said Canadian consular officials in Paris are in contact with the family of the Canadian and are providing assistance. She said no other information is being released for privacy reasons. The co-ordinated gun and bomb attacks left 129 people dead and 350 wounded. THE CANADIAN PRESS

Liberals terminate top court niqab appeal

Justice Minister Jody Wilson-Raybould said she personally called new Canadian Zunera Ishaq to tell her that the government was officially dropping its legal pursuit of a ban on niqabs at citizenship ceremonies. Ishaq, a Muslim who wears the religious face covering, had been fighting the government in court over a Conservative policy that sought to force people to show their faces while taking the oath of citizenship. She felt the policy infringed her religious freedom.

THE CANADIAN PRESS

PARIS ATTACKS

Canadian wrongly IDed as terrorist

A Spanish newspaper mistakenly identified a Sikh Canadian man as "one of the terrorists" behind the Paris attacks after a doctored image went viral online.

La Razón newspaper apologized for printing Veerender Jubbal's photo on its Nov. 15 front page with the caption "one of the terrorists."

Jubbal, 21, from Brampton, Ont., said the "past 48 hours have been deeply disturbing."

The original image, which Jubbal shared on Twitter in August, shows him taking a selfie with an iPad in front of a bathroom mirror. The edited image appears to show Jubbal holding a Quran and wearing a vest laden with explosives, with a sex toy in the background.

Jubbal's doctored image was also shared by Italian TV channel and Fox affiliate Sky TG24, with the caption: "ISIS sent a photo of the alleged kamikaze."

Twitter user @Danchrism pointed out the flaw in the edited image.

"This should have all fallen apart instantly," he wrote. "If he's holding the Quran, what the hell took the picture?"

The image was created and tweeted as early as Aug. 15 this year.

TORSTAR NEWS SERVICE

The doctored image of Veerender Jubbal, left, and the original, right. TWITTER/THE CANADIAN PRESS

A couple kisses in front of the Eiffel Tower, illuminated in the French colours in honour of the victims of the attacks on Friday. This week, the City of Love is perceived by many as a febrile place — easily moved to tears, compassion or panic. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Where 'love will conquer'

Paris

City brimming with makeshift shrines heads back to routine

After a weekend of horror, Paris returned to the routines of the work week Monday with determination, defiance — and worry.

Rush-hour subway trains were full, shops were open, and office workers lined up for sandwiches or ate lunch on café terraces.

But this is also now a city dotted with makeshift shrines: carpets of flowers and candles, photos of lost loved ones and handwritten notes near the spots where gunmen and suicide bombers killed 129 people enjoying a fall Friday evening in the city.

Parisians stopped by throughout the day to honour the dead, many vowing that their city would remain its incomparable self — the sensual, tolerant, life-loving metropolis of the world's imagination.

"I am afraid, but not enough to stay at home, not moving," said Stephanie Cohen, a bank employee from suburban Paris.

Others worried that the attacks would change Paris forever.

"I was there (in New York) when 9-11 happened — and, to tell you the truth, it did change my life," said Gary Berrios, a student originally from New York. "It changed everyone's life. We don't see the world the same way any more."

At the Place de la Republique in the heart of the city, a monument to France stood surrounded by flowers, candles and notes. Handwritten cards had been left in French and English, Polish and Vietnamese — a reminder that Paris is a city that the world has taken to its heart.

> **I am afraid, but not enough to stay at home, not moving.**
> Stephanie Cohen

"Love will conquer," said more than one sign — a vow, or perhaps a wish, from the City of Love.

Outside the Bataclan theatre, where 89 people died when attackers gunned down young concertgoers, a banner vowed: "Freedom is an indestructible monument."

There and outside the bars and restaurants where dozens more died, residents paused to lay flowers, light candles or simply stand quietly. Even as the bustle of everyday life reasserted itself, Paris was a city of thousands of silent prayers. THE ASSOCIATED PRESS

'BARBARIANS'

France seeks coalition

France wants to unite with the U.S. and Russia in a grand coalition dedicated to smashing the Islamic State of Iraq and the Levant, French President Francois Hollande told lawmakers Monday in a rare joint session in the Palace of Versailles. "In my determination to combat terrorism, I want France to remain itself. The barbarians who attack France ... will not make it change," Hollande declared. THE ASSOCIATED PRESS

BRUSSELS

Region hit hard by poor rapport

There is just one café left near Molenbeek's Place Communale square where you can buy Belgium's national drink — beer.

Instead, stores on the square and the narrow streets that lead off it mostly sell North African food and Islamic robes and head scarves.

In the aftermath of the deadly attacks on Paris, the densely populated Brussels neighbourhood of just under 100,000 has gained a reputation as one of Europe's pre-eminent breeding grounds for jihadis, and preferred stop for extremists.

Police arrested three suspects in the impoverished neighbourhood on Saturday, and French officials on Monday identified Abdelhamid Abaaoud, who grew up there, as chief architect of the attacks on a rock concert, a soccer game and popular nightspots in one of Paris' trendiest districts.

Molenbeek has soaked up so many waves of migrants in recent decades that its Belgian identity has been all but washed away.

Reda Ben Baghdad, who described himself as a Belgian who was born and raised in Molenbeek, rejected claims that the neighbourhood is a hotbed of radicalization.

"I've lived here for 35 years. I'm not a jihadi," he said. THE ASSOCIATED PRESS

Armed police guard a street in Brussels on Monday. GEERT VANDEN WIJNGAERT/ THE ASSOCIATED PRESS

UNITED STATES

Several states plan refugee halt

Several U.S. governors are threatening to halt efforts to allow Syrian refugees into their states in the aftermath of the terrorist attacks in Paris, and, at least one is asking the White House for more information on plans to allow refugees into the country.

President Barack Obama's administration has pledged to accept about 10,000 Syrian refugees in the next 12 months.

Republican presidential candidates have criticized the plan.

> **I will not stand complicit to a policy that places citizens in harm's way.**
> Alabama Gov. Robert Bentley

Here's a look at where some states stand:

Michigan: Gov. Rick Snyder said Sunday that the state is postponing efforts to accept refugees until federal officials review security procedures and clearances.

Texas: Gov. Greg Abbott on Monday ordered Texas' refugee resettlement program not to accept any more Syrians in the wake of the Paris terrorist attacks.

Alabama: Fellow Republican Gov. Robert Bentley announced Sunday that he would refuse Syrian refugees relocating to the state. THE ASSOCIATED PRESS

G20

World leaders discuss anti-terrorism efforts

World leaders vowed Monday to boost intelligence-sharing, cut off terrorist funding and strengthen border security in Europe, as they sought to show resolve and unity following the deadly terror attacks in Paris.

While the summit resulted in plenty of tough talk of the attacks, the G20 leaders spoke mostly in broad strokes of their pledges to intensify the anti-terrorism campaign.

U.S. President Barack Obama resisted calls to escalate U.S. military action and open a large-scale ground war, saying he would instead intensify the American-led airstrike campaign.

Added German Chancellor Angela Merkel: "We agreed that the challenge can't just be tackled with military means, but only a multitude of measures." THE ASSOCIATED PRESS

IN BRIEF

Anonymous hackers vow cyber war on ISIL

Global hackers' group Anonymous has declared a cyber war against the Islamic State of Iraq and the Levant (ISIL). In a YouTube video describing members of ISIL as "vermin that kill poor innocents," the Anonymous member said the hackers would track down members of the extremist group. "We will launch the biggest operation ever against you," the member said. TORSTAR NEWS SERVICE

Israeli troops kill two demonstrators

WEST BANK

Tensions still rising after shootout in refugee camp

Clashes between Israeli forces and Palestinian demonstrators erupted in a West Bank refugee camp overnight Monday after Israeli forces arrived to demolish the home of a Palestinian militant, leaving two Palestinians dead.

It was the latest bloodshed in a two-month wave of violence between Israelis and Palestinians.

Amid the unrest, Israel recently renewed a policy of demolishing homes belonging to Palestinians accused in deadly attacks. Israel says the policy deters attacks, but critics say the tactic amounts to collective punishment.

In Monday's violence, the Israeli military said troops entered the Qalandiya refugee camp on the outskirts of Jerusalem to demolish the home of Muhammad Abu Shaheen, a Palestinian who the army says fatally shot an Israeli motorist in the West Bank this summer. Abu Shaheen is now in an Israeli prison.

After the troops arrived, hundreds of Palestinians gathered and many threw firebombs and rocks as the Israeli forces demolished the home, and troops fired rubber bullets, tear gas and stun grenades to disperse the protesters, the military said.

THE ASSOCIATED PRESS

BORDER DEAL

A senior Palestinian official on Monday said the Palestinian Authority has reached an agreement with Egypt to reopen the Gaza Strip's main border crossing in an arrangement meant to bypass the Hamas rulers.

A Palestinian protestor uses a slingshot to hurl stones at Israeli security forces during clashes in the Palestinian town of al-Bireh on the outskirts of Ramallah in the Israeli-occupied West Bank.

ABBAS MOMANIABBAS MOMANI/AFP/GETTY IMAGES

MINNEAPOLIS

Mayor requests probe into police shooting

The mayor of Minneapolis said Monday that she requested a federal civil rights investigation into the weekend shooting of a black man by a police officer during an apparent struggle.

Mayor Betsy Hodges said she sent an email to the Civil Rights Division of the Department of Justice and to the U.S. Attorney for Minnesota to ask for a civil rights investigation in the "interest of transparency and community confidence." The state's Bureau of Criminal Apprehension is already conducting a criminal investigation, but Hodges said the city needs "all the tools we have available to us."

Authorities have released few details about the shooting, which has enraged some community members after witnesses said the man was handcuffed when he was shot. Police said their initial information showed the man, a suspect in an assault, was not handcuffed. The incident sparked protests and an overnight encampment at a police precinct on the city's north side. Community members called for a federal investigation, as well as for authorities to release video of the incident and the officer's identity. THE ASSOCIATED PRESS

Community members and activists gather outside a police precinct. MATT GILLMER/STAR TRIBUNE/THE ASSOCIATED PRESS

IN BRIEF

Sweden's PM, Parliament threatened over email

Swedish security officials say they have received a threat of attacks against the prime minister, the government and Parliament. Fredrik Milder, spokesman for Sweden's security service, says the threat was made in an email to security officials on Monday afternoon and that "many others" also received similar emails.

He told reporters Monday that the email said the threat would be carried out on Tuesday. He gave no other details.

THE ASSOCIATED PRESS

Man charged in murder of six at Texas campsite

Six people were killed at a Texas campsite and a suspect has been arrested and charged in the weekend homicides, authorities said Monday. Anderson County Sheriff Greg Taylor said the bodies were found in rural Anderson County, southeast of Dallas. William Hudson, 33, is charged with one murder count and is being held on US$2.5 million bond. THE ASSOCIATED PRESS

Prosecutors say Odom could face felony drug charges

Prosecutors are considering a felony drug charge against Lamar Odom after the former NBA star was found unconscious at a Nevada brothel. Nye County District Attorney Angela Bello said Monday that the sheriff's office submitted the potential charge last week, and a prosecutor is considering filing a count of unlawful use of cocaine. Authorities investigating a possible cocaine overdose by Odom got a warrant on Oct. 13 to take a blood sample while he was hospitalized in critical condition, after a weekend at the Love Ranch brothel in Crystal, Nevada. THE ASSOCIATED PRESS

TECHNOLOGY LET THE ROBOT WARS BEGIN Japan's Suidobashi Heavy Industries has taken up a California-based startup's challenge to a battle for robot supremacy. Megabots will pit its 4.5-metre Mark II, pictured above with founders Brinkley Warren, Matt Oehrlein and Gui Cavalcanti, against Japan's four-metre Kuratas next year. A Kickstarter campaign has raised $550,000 US to turn the Mark II into a meaner fighting machine. THE ASSOCIATED PRESS

Donors call for new deal

SYRIAN CRISIS

Allow refugees to work, host nations urged

Bold new ideas for helping Syrian refugees and their overburdened Middle Eastern host countries are gaining traction among international donors, shocked into action by this year's migration of hundreds of thousands of desperate Syrians to Europe.

Rather than struggling to gather humanitarian aid for refugees, the plans centre around investing billions of dollars, much of it to be raised on financial markets.

The money would go for development in countries such as Jordan and Lebanon to improve lives for both their own populations and refugees.

More controversial is a demand by some in the aid community that, in return for such a "Mideast Marshall Plan," Jordan and Lebanon must allow Syrian refugees to work, integrating them more into society.

The host countries, however, point to high domestic unemployment in arguing that they cannot put large numbers of refugees to work legally.

Under the traditional approach, the UN and other international agencies are the main pillar of care for refugees, either by financing camps to house them or by providing them food aid and stipends to live off of.

THE ASSOCIATED PRESS

IN BRIEF

Mall demands kids pay to see Santa

ISTOCK

Children wanting to see Santa Claus at a New Jersey mall will now have to pay. Admission to Cherry Hill Mall's Adventure to Santa costs $35 US to $50 US.

THE ASSOCIATED PRESS

market minute

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OIL $41.74 US (+$1)

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Tuesday, November 17, 2015

EMMA TEITEL: ON SELECTIVE SOLIDARITY

It's ironic, not to mention annoying, that many of the critics displeased with Facebook's France avatar seem to decry Western favouritism only when a tragedy occurs in the Western world.

When the U.S. Supreme Court granted American gay couples the right to marry nationwide in June, Facebook offered its many millions of users a new way to "celebrate pride." With a special photo-editing tool, the social-networking site enabled users to decorate their display photos with an LGBT-themed rainbow filter — a feature so popular, more than 20 million people adopted it.

For weeks after the Supreme Court's historic decision Facebook was awash in rainbow avatars; a trend some critics bemoaned as bandwagon behavior by "slacktivist" liberals otherwise uninvolved in the LGBT cause. But for many gay people in the United States and around the world, the photo feature and its popularity were actually quite touching; it's not every day one sees celebratory support quantified in such stark, visible terms.

Nor is it every day one sees grief and horror quantified this way. This week, we witnessed the return of Facebook's photo-editing tool, not in association with a happy event, but with an unduly tragic one. On Nov. 13, terrorists affiliated with the Islamic State of Iraq and the Levant (ISIL) murdered more than 129 people and injured more than 350 others in co-ordinated mass shootings and suicide bombings throughout the city. The attacks, which disproportionately targeted young people enjoying a night out on the town — at cafés and a rock concert — were carried out in some measure by young people, too. Omar Ismail Mostefai, one of the dead terrorists identified after the attack, was reportedly just shy of his 30th birthday. In other words, many of the victims of the attack as well as some of its perpetrators belonged to the Facebook generation.

Mourning is not a time to pass judgement — even if you are right.

APATHY EMBLEM It's disturbing how little attention tragedies in poor countries get in the Western world, Emma Teitel writes, but the solution is not berating people for their lack of sensitivity to global issues. METRO

It makes sense then, that in a rather morbid turn on the celebratory rainbow filter, Facebook has offered users an opportunity to show solidarity with terror-ridden Paris through a French flag avatar. We don't yet know the exact number of users who have adopted the photo filter, but it appears that Facebook is once again awash in colour. Like many of the world's landmarks, the social networking site has lit up red, white and blue in solidarity with Paris. And once again, critics have emerged to question the social network's well-meaning campaign, this time with a charge of hypocrisy for users eager to show compassion for Paris, but who pay no mind to victims of non-Western tragedies.

The question on their minds: Why Paris and not Beirut?

The day before the Paris attacks, Beirut, Lebanon suffered an ISIL-orchestrated suicide bombing that killed at least 43 people and injured 200. Facebook has not yet offered users a Lebanon-themed avatar so they may show solidarity with Beirut, nor has the site expanded its "Safety Check" feature to the Lebanese city. This is a service that allows users to check in with family and friends in an emergency, a service that was enabled in the Paris attacks on Friday but was unavailable in the Beirut attacks on Thursday. Facebook has promised to expand its service (previously available only in natural disaster emergencies), but critics remain skeptical about what they believe is a clear example of Western favouritism on the part of Facebook and its users. And they aren't entirely wrong.

It is indeed disturbing that most Westerners seem to acknowledge tragedy only when it occurs in the whiter world. And it is a sign of our immense limitation that most of us pay attention to tragedy when we can envision ourselves as victim, in places we have visited.

But it's also ironic, not to mention annoying, that many of the critics displeased with Facebook's France avatar on account of its alleged hypocrisy seem to decry Western favouritism only when a tragedy occurs in the Western world. Anecdotally, I didn't see a single critic of Western favouritism post about the Lebanon attack the day it occurred. Rather, I saw only posts about the Beirut attack and insufficient Western response the day Paris was attacked. Ironically, it seems many critics of Western favouritism are its unknowing adherents — moved to action not by outsized suffering in the Middle East but by outsized support for suffering in the West.

Perhaps the lesson here is that analysis of human reaction to horrible events should be reserved until after the bodies are buried. No matter one's claim to the truth, it is cold, uncouth and misguided to criticize or disapprove of people engaged in genuine outpouring of shock and grief, whether that grief is the result of a highly publicized Western horror or a little-known eastern one.

Mourning is not a time to pass judgment — even if you are right.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

Merely having a right to something isn't always a reason to invoke it

It's true that journalists, in the U.S. and elsewhere, have the right to record public life.

It's true that journalists, in the U.S. and elsewhere, can be unfair.

It's true that you'd be hard-pressed to find a better source of self-righteousness than a university campus.

And it's true that you'd be hard-pressed to find a group more marginalized than black Americans.

Last week's argument between activists at the University of Missouri and journalists trying to document their protest — captured on video — was absurdity worthy of Beckett.

In "safe spaces" vs. the First Amendment, it was shouting, pushing, bodies turned to bulldozers. Slinging tongues and smacking lips — and forgetting altogether about ears. Forgetting that rights are often beside the point. As in, merely having a right to something isn't always a reason to invoke it.

Similar protests to end racism on campuses continue to spread across the U.S. and will no doubt offer more flashpoints for conflict with the media.

These days, journalists have a problem, and it lies between the imperatives of activism and the very principle of objectivity. If we woke up each day to an equal society, we probably wouldn't have to keep making the choice between the two. We'd be able to say to angry students (what would they be angry about?): "I'm not on anyone's side."

If the media itself was more diverse, we would not need to worry as much about how to be sensitive to a minority. Varied points of view among reporters would lead the resulting stories to collectively level out our blind spots.

But we don't have an equal society or a diverse media.

And that leaves reporters increasingly required to ask themselves how much of an ally they want to be and how much is too much.

It's not good enough to work on a single other's behalf. The best reporting carries truth as its agenda. The best reporting doesn't slot people into roles but reveals who they are. No one is all good and right — or bad and wrong.

It's also not good enough to face a crowd of black-rights activists and dismiss them as anti-free speech. I think, given what racism flings at some each day, and the fact that their protests led another crazy white guy to claim he was going to shoot them all, those activists have more pressing concerns.

But I keep coming back to that video, and the self-righteousness on both sides, and the way it underlines this problem that I am now having every day.

Do I seek just outcomes or just tell the truth?

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Grammy-winning group the Dixie Chicks to launch tour next summer

HIV/AIDS in the public eye

HEALTH

After Sheen rumours, a look at famous people who have disclosed their illness

Charlie Sheen is scheduled to be on the Today show Tuesday morning, reportedly to disclose his HIV status, according to various sources, including People magazine, TMZ and Us Weekly.

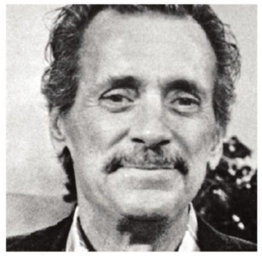
It has been 30 years since legendary leading man Rock Hudson shocked the world by sharing his AIDS diagnosis, the first Hollywood star to do so. He died within a few months at age 59. His friendship with Elizabeth Taylor inspired the actress to begin a fundraising campaign that brought in millions for research and education.

Here are others in the public eye who have been diagnosed with HIV/AIDS.

Charlie Sheen is expected to disclose his HIV status on Tuesday. GETTY IMAGES ALL OTHERS THE ASSOCIATED PRESS UNLESS NOTED

Rock Hudson

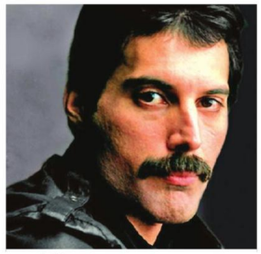
A screen heartthrob and one of Hollywood's most popular leading men, Hudson was the first major American celebrity to publically acknowledge having AIDS in 1985, not long before his death. His diagnosis forever changed the conversation about HIV/AIDS.



Rock Hudson

Freddie Mercury

The powerfully voiced lead singer and songwriter for rock band Queen died in 1991. Among the hits Mercury was responsible for were future classics "Bohemian Rhapsody," "Somebody to Love" and "We are the Champions."



Freddie Mercury

Magic Johnson

The Los Angeles Lakers point guard announced he was HIV positive in November 1991 and retiring from the NBA. He went on to play for the 1992 U.S. Olympic Dream Team, and came back to play with the Lakers in 1995. He's now 56 and has been living with HIV for more than 23 years.

Magic Johnson

Isaac Asimov

The extremely prolific science fiction writer, whose works include the I, Robot collection and the Foundation series, contracted HIV from a blood transfusion during heart bypass surgery in 1983. He died from AIDS complications in 1992.

Eric "Eazy-E" Wright

The co-founder of hip-hop group N.W.A. and gangsta rapper Eazy-E (Eric Wright) died of AIDS in 1995 at age 31. His illness is dealt with in this year's hit music-drama biopic Straight Outta Compton.

Danny Pintauro GETTY IMAGES

Danny Pintauro

Now 29, the child actor who co-starred on TV's Who's the Boss and also appeared in the thriller Cujo, said during a September appearance on Oprah: Where Are They Now? that he's been HIV positive for 12 years.

TORSTAR NEWS SERVICE

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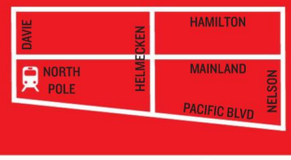

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The great shampoo swindle

BEAUTY PRODUCTS

Chemists conclude your money is going down the drain

Liz Brown
Metro | Canada

Sitting in a chic salon getting my fried ends snipped, my hairstylist looked in the mirror and met my gaze.

"You've been using drugstore products, haven't you?" she said.

I looked down, nodding my head, the shame too much to bear.

"It's why your ends are dry and your roots greasy," she clucked, lecturing about how cheap shampoos and conditioners leave residues on hair and don't allow it to breathe.

I walked out of the salon with $90 worth of products. It's a story most women (and likely many men) can relate to.

According to Randy Schueller, a Chicago-based beauty product chemist and co-founder of The Beauty Brains blog, the stylist line that salon products are uniformly better than the ones you pick up at the drug store is a "total myth" based in marketing and pseudo science.

And these myths mean big bucks for the beauty industry. According to a report published in September by market research firm IBISWorld, the beauty, cosmetics and fragrance retail industry in Canada is worth $1.3 billion annually, 18 per cent of which is spent on hair care products — and as incomes grow, consumers are more interested in premium items.

"While some salon products can be better, for the most part you don't need to spend at that level to get a good product," he says, noting that ingredients in any shampoo or conditioner only account for about 10 per cent of the product's overall cost.

He knows consumers will disagree with this, but chalks it up to psychology. "If you're going to spend $30 on a bottle of something versus $5, you want to believe you are spending your money wisely," he says.

Schueller has been working in the industry for 30 years and formulated for some of the most popular mass market and salon brands, including VO5 and Tresemme. He recalls a market research study he participated in where women, over a period of months, were asked to wash their hair with different, unmarked products and answer a questionnaire.

"In general, the salon products did not score as well as the mass market products," he says. "When people don't know it's a salon product — when you strip away the packaging and branding — they perform as well as mass market products (in consumer reviews)."

14

Coconut oil is the only oil shown to moisturize hair from the inside out, but you have to leave it on for 14 hours for these deep conditioning benefits says Randy Schueller.

Ni'Kita Wilson, a cosmetic chemist in New Jersey, says that often consumers can find a suitable alternative to their salon product in a drugstore brand. "Performance-wise, hands down, you can find a cheaper product you are satisfied with," she says.

The biggest difference, according to Wilson, is found between conditioners. Salon conditioners do tend to use better cationic surfactants — compounds that bind to the keratin protein in hair — making it easier to detangle and smoothing the rough cuticles on damaged ends.

A more expensive salon conditioner may also carry newer silicones to smooth the hair and give it a silky feel. But interestingly, many silicones that have been on the market for a while first appeared in expensive salon brands. "A good example of this is amodimethicone," Wilson says. "It offers superior conditioning benefits to the hair unlike any other ingredient and … now it can be found in mass brands like Garnier Fructis."

The difference is often in the amount in the formula. "The drugstore brand may put 1 per cent silicone in a formula and that will give you good detangling and nice softness, while a higher end brand may put 2 per cent in their formula, plus another type of conditioning agent like a natural oil," she says.

Her verdict: Save on the shampoo and splurge on conditioner.

And she says there's plenty of ways to top up a mass market brand. Try leaving the product on for a longer period of time underneath a shower cap — the heat helps the conditioner penetrate hair. Or mix your conditioner with a bit of coconut or olive oil.

Schueller says coconut oil is the only oil that has been definitively shown to moisturize hair from within. "But you need to use a lot of it and leave it on your hair for quite some time (up to 14 hours)," he warns.

If you're looking to break a salon product habit and save money, Schueller suggests looking at the first five ingredients of your favourite premium brand and comparing them with cheaper brands. "You'll likely find something in the same ballpark range," he says.

HAIR MYTHS (BUSTED)

Avoid silicone in hair care products

These are compounds in shampoo and conditioner that detangle and give hair a silky feeling. "It's true that silicones can be too heavy for fine hair types," says Schueller. "What's not true and what you frequently hear is that silicone suffocates your hair, or coats it in plastic — my favourite is that it makes your hair 'feel healthy' but it's really bad. That doesn't even make sense because hair is dead, so you can't prevent it from breathing," he says.

You need to switch products because they become ineffective when your hair gets 'used' to one

"This is the granddaddy of all hair care myths," says Schueller. More likely what is happening, according to Schueller, is that conditioning agents present in shampoos and conditioners build up on hair over time, making the hair seem dull and limp. "When you move to a new shampoo, it strips the residue from the old shampoo and you think 'wow' my hair feels wonderful."

Instead trying a clarifying shampoo every so often when hair feels limp.

Alcohol in shampoos and conditioners dries out the hair

"All conditioners carry fatty alcohols to make the emulsion – that creamy aspect," says Schueller. These are called cetyl and stearyl alcohols and help form the body of the product while giving some conditioning.

Isopropyl alcohol is also sometimes found in a shampoo or conditioner, but it's found at low levels and used as an agent to help carry another ingredient.

"They are solvents and soak up lipids (fats)," says Schueller. "If you were to soak your head in these alcohols, it would be drying to the hair, but in the levels in a rinse off shampoo or conditioner, it will have no impact."

When you strip away the packaging and branding, (salon products) perform as well as mass market products (in consumer reviews).

Randy Schueller, chemist and hair product formulator

JOHANNA SCHNELLER **WHAT I'M WATCHING**

John Oliver's rant captures upset

LAST WEEK TONIGHT, NOV. 15 (HBO)

Oliver's profanity-laden diatribe resonates. GETTY IMAGES

Host John Oliver addresses the camera in his opening monologue, about Friday's attacks in Paris: "After the many necessary and appropriate moments of silence, I'd like to offer you a moment of premium cable profanity," he says.

"As of now, we know this attack was carried out by gigantic f—ing a—holes, unconscionable flaming a—holes... working in service of an ideology of pure a—holery... F— these a—holes. F— them sideways."

It's always fascinating to watch comedy shows cope with fresh tragedy. As Woody Allen said, "Comedy is tragedy plus time," but in these situations, no time has passed. So efforts can be jarring.

Saturday Night Live opted for a soft approach: It opened with cast member Cecily Strong, holding back tears, saying, "Paris is the City of Light, and here in New York City we know that light will never go out... We stand with you." She then repeated the message in French.

It was effective enough, but I found Oliver's approach more moving — and more workable. He was angry, and he meant it. But by repeating the profanities, he gave his audience space to laugh. Once he'd done that, he could slip in a joke: "It's important to remember, nothing about what these a—holes are trying to do is going to work... If you are in a war of culture and lifestyle with France... you are f—ed."

Because he'd found a way into humor, his transition — "For now, we are going to continue with the rest of the show" — was less awkward than most.

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Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Casey's Grill Bar

Canadians love dining out, with 60 per cent of us choosing to buy our meals at least once a week. Casey's Grill Bar is a popular pick for casual dining at affordable prices, with a variety of options from classic steaks, seafood, sandwiches and Asian-inspired dishes. Grabbing an appetizer before dinner is a common occurrence, but they are often heavier than the entrée. Select an appetizer with some protein and vegetables to lessen your appetite before the main course.

PICK THIS

Chicken Tacos (2)

Ingredients
Rotisserie chicken, shredded lettuce, cucumber, red pepper, green onions, lime mango salsa and crema

Calories 450
Fat 29 grams
Saturated fats 10 g
Sodium 810 mg

SKIP THIS

Tornado Potatoes (with Smokin' Cajun Dip)

Ingredients
Deep-friend potato ribbons seasoned with sea salt and drizzled with Smokin' Cajun dip

Calories 1,020
Fat 47 grams
Saturated fats 9 g
Sodium 1,000 mg

HERE'S WHY

Equivalent: Tornado Potatoes & Dip contain as much fat as four BLT sandwiches from Tim Hortons

A fried potato side, no matter what the name, is empty calories with little nutritional value. This fancy version of potato chips are heavily deep fried and served with a mayonnaise and sour cream-based dip, which is a landmine of calories, fat and sodium. The dip itself has 380 calories and 40 grams of fat! Opt for the tacos instead — with its lean chicken and vegetables, this item is both delicious and filling.

Antibiotics are not an effective treatment for colds or flu despite what many people think. AFP

WHO says handle meds with care

WORLD HEALTH ORGANIZATION

Antibiotic-resistant infections are a global issue

A WHO survey revealed that 66 per cent of respondents believe antibiotic resistance doesn't affect those who take antibiotics as prescribed.

The WHO published on Monday the results of its international survey carried out to determine more about the public's knowledge on the use of antibiotics and the increasing spread of antibiotic-resistant diseases.

Published on the first day of World Antibiotics Week (running to Nov. 20) and on the launch of Antibiotics: Handle with care, the WHO's first-ever campaign for the improved use of antibiotics, the survey highlights the misconceptions that the public has on antibiotic use and resistance.

Antibiotic resistance occurs when bacteria, not humans, become resistant to the antibiotics used on them. It is the spread of these bacteria that then causes the spread of infections that are antibiotic-resistant and much harder to treat, which is an increasingly worrying problem for the WHO. The organization questioned some 10,000 participants across a diverse selection of 12 countries which included Barbados, China, Vietnam, Sudan, South Africa, Serbia, Russian Federation, Nigeria, Mexico, Indonesia, India, and Egypt. Interviews were carried out both online and face to face.

The results show that while many (64 per cent) know that antibiotic-resistance is a problem, more than half (57 per cent) wrongly believe that there is nothing they can do to prevent its increase. Forty-four percent also mistakenly believe that antibiotic resistance only affects those who take antibiotics regularly, and 66 per cent believe antibiotic resistance doesn't affect those who take antibiotics as prescribed.

In fact anyone, regardless of age, country, or antibiotic consumption, can catch an antibiotic-resistant infection, and we can all play a part in halting the spread of antibiotic-resistant diseases. For example, antibiotics are not effective in treating viruses, although 64 per cent of those questioned believed that antibiotics can be used to treat colds and flu, and a course of antibiotics should always be finished, despite 32 per cent of those surveyed believing that a course can be stopped once the individual feels better. AFP

HEALTH

What you can do to help
Other precautions and control measures that the WHO highlight include:
• Washing hands and practising good hygiene to help prevent the spread of diseases.
• Only use antibiotics that have been prescribed by a doctor.
• Never share antibiotics.
• Never use antibiotics that have been left over from a previous illness.

HEALTH BRIEF

One way to catch a cold: think you're getting one
In a study exploring the link between self-reported health and immunity, psychologists at Carnegie Mellon University in the U.S. demonstrated that if you think your health is not very good, you have a greater susceptibility to infection.

This study is one of the first to suggest that people are able to predict how their immune system will respond to a virus or other health risk. AFP

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CPS

Parenting and obesity linked: Study

Authoritarian parents are more likely to have overweight children, a study finds. ISTOCK

RESEARCH

Kids can self-monitor eating but bossing overrides it

Genetics, poverty and limited access to healthy foods have long been known to affect a child's risk of obesity. But a new study suggests parenting style could have an impact, too.

The Canadian study suggests a link between parenting style and obesity risk in kids, with certain styles upping the risk. The research, published in Preventive Medicine, is based on a Statistics Canada national survey of more than 37,000 Canadian youth from 1994 to 2008.

The study uses a decades-old framework for parenting styles, which divides them into four main groups:

Authoritarian: Parents who are demanding but not responsive.

Authoritative: Parents who are demanding but responsive to their children.

Permissive: Parents who are responsive but not demanding.

Negligent: Parents who are neither responsive nor demanding.

44%

The risk of childhood obesity increases by 44 per cent among higher-income families who practise "authoritarian"-style parenting.

The results showed that, for the population as a whole, preschool and school-aged kids with "authoritarian" parents were between 35 and 41 per cent more likely to be obese than those with "authoritative" parents.

"Kids are kind of born with this innate ability to self-monitor their eating, though there are always extremes like Halloween," said Lisa Kakinami.

She is the study's lead author and an assistant professor in Concordia's Department of Mathematics and Statistics in collaboration with the PERFORM (that stands for prevention, evaluation, rehabilitation and "form"ation) Centre.

But an "authoritarian" parenting style can override that instinctive self-monitoring, she said. "If you tell your child to always finish what's on their plate, you're teaching them to override their own signals of feeling full."

Geoff Ball, an associate professor in the University of Alberta's department of pediatrics, stressed that a weakness of the study is its reliance on parental-reporting. He explained parents might not be the best gauge of their children's weight and height as compared to outside, unbiased measurements.

On the flip side, the large, nation-wide sample size does offer a solid look at how Canadian parents are raising their kids, he added.

"One of the take-home messages is the parenting style that's less associated with obesity is one referred to as 'authoritative,'" Ball said. "Parents are responsive to their children's hunger and their cues, not ignoring them."

That means providing the food, and letting kids decide when — and how much — to eat, he said.

"We've all seen that situation where kids can't leave the dinner table until they finish their broccoli, and it's a stalemate. That's not a healthy way for food to be enjoyed."

That doesn't mean parents should bow to their children's whims, of course, since that might involve some less-than-healthy choices. "But encourage them to start with healthy items, so if they get full, they've at least eaten their vegetables," Kakinami said.

Alongside the link between obesity risk and parenting style, Kakinami said a second key finding from the research was a link to the household's poverty level.

Among children living in poverty — as in, those living below the Statistics Canada low-income cut-offs — the risk of being obese was 20 per cent greater compared with the risk for kids not living in poverty, regardless of the parenting style used.

But for kids in higher-income families, certain parenting styles made a clear impact on their obesity risk. "Authoritarian" parenting was associated with a 44 per cent higher risk, while "negligent" parenting was associated with a 26 per cent increase.

The findings come at a time when 31 per cent of Canadian children from ages 5 to 17 (or 1.6 million kids) are overweight or obese, according to a Statistics Canada survey from 2009 to 2011. TORSTAR NEWS SERVICE

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Clockwise from top left, Steven Gosal, Laura Vivian, Tegen Adajania, Sandy Gill, Valerie Doise and Kevin Garcha. CONTRIBUTED

KPU students launch Pacific Tea & co.

MARKETING

Students were tasked with launching a successful company

Daniel Henriksen

Six Kwantlen Polytechnic University (KPU) marketing students are in the midst of getting some of the best hands-on experience possible.

Laura Vivian, Valerie Doise, Kevin Garcha, Steven Gosal, Sandy Gill and Tegen Adajania, all fourth-year students, were tasked with launching a successful company that markets itself both online and in person, and permitted just eight weeks to sell a product. Perhaps the most challenging part of the assignment was the fact that the group was allowed only $200 to get its business up and running.

The students came up with Pacific Tea & Co. — an online tea distributor. They sell a variety of different types of teas including English Breakfast, Chai, Candy Cane, Raspberry Cream and Japanese Green, to name just a few.

The tea is available in two different quantities, and customers can even purchase a host of accessories such as tea pots, infusers and gift baskets.

The KPU students have an excellent web page for the business that covers all the bases for a start-up company.

Customers can easily select their desired products, choose whether to have them delivered or to pick them up at the KPU Surrey campus, and even learn about the company's founders.

All this on a $200 budget seems impressive, however according to Doise that money went a lot further than one might think.

"It's truly amazing what you can do with $200," said Doise in a media release. "We want to show people that if six students can juggle an online start-up, as well as other classes, personal lives and part- or full-time work, anyone can do the same. Becoming your own boss is attainable."

"It's been such an interesting experience to see everything we've learned over the last four years finally come together," added Vivian.

With the holidays just around the corner, Pacific Tea Co. has the perfect gifts for any tea lover.

To get yours and learn more, visit pacificteaandco.ca.

SFU professor wins Canada Clean50 Award

Simon Fraser University (SFU) professor Majid Bahrami has won a Canada Clean50 award. Bahrami, a member of SFU's School of Mechatronic Systems Engineering (MSE), was recognized nationally for his work in research and development.

Bahrami, who holds the Canada Research Chair in Alternative Energy Conversion Systems, was up against more than 550 other candidates.

He was honoured for discovering new products and processes that improve the efficiency of heating/cooling systems for a broad range of uses, such as in vehicles, electronics and buildings, He was also recognized for his leadership in training students to design sustainability solutions.

"Bahrami has earned more than $10 million from funding agencies for his alternative energy research," said Uwe Glässer, dean pro tem in SFU's Faculty of Applied Sciences in a media release. "He is creative and clearly a leader in this important area. As a faculty member, he has provided an opportunity for many undergraduate and graduate students to challenge themselves and push the boundaries of their knowledge in sustainable energy."

With his research team, Bahrami has partnered with Cool-It, CrossChasm Technologies, Saputo Dairy Products Canada, and the University of Waterloo to investigate eliminating the need to use a running engine to power a vehicle's refrigeration system.

Delta Management Group, the organization that oversees the Canada Clean50, recognizes individuals or small teams in 16 categories who have advanced sustainability and clean capitalism in Canada over the past two years.

"Through collaboration with industry, Dr. Bahrami has developed innovative 'clean' solutions ranging from passive cooling systems for telecommunications (15 per cent carbon-footprint reduction) to adsorption cooling systems, using waste heat, and eliminating harmful refrigerants," said Gavin Pitchford, chief talent officer of Delta Management Group.

For more information on the Canada Clean50, visit clean50.com.

Majid Bahrami. CONTRIBUTED

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After their program at Vancouver Career College, graduates have found jobs in all areas of the profession, in contexts including acute care hospitals, public schools, home care and long-term care settings and more.

Once they graduate, students of the Vancouver Career College Practical Nursing program are eligible to sit the Canadian Practical Nurse Registration Examination (CPNRE). Vancouver Career College's graduates have repeatedly achieved 100 per cent scores.

"This high-quality program enables our students to excel in the practical nursing field," says Andre Souza, VP of Marketing for Vancouver Career College. "We teach students an incredibly valued set of skills that has helped them launch into incredible careers that challenge and fulfill them."

Find out more about the program at Vancouver Career College online at study.vccollege.ca, or by phone at 1-800-993-4086.

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An education in lifelong healthy habits

Each year, the freshman 15, a term used to describe the supposed weight that students gain during their first year of college or university, dominates discussions on student health. However, says one expert, the focus shouldn't be on weight, but, instead, on forming lifelong healthy behaviours.

"The invincible student will age and habits will come back to bite them in the butt, so it's not just about preventing that 15 lbs. now, but that heart attack at 40," says Sara Kirk, a professor of health promotion at Dalhousie University in Halifax. "We have to recognize what is influencing us because until the environment and our prompts change, making healthy decisions will take a conscious effort."

Kirk points to culprits such as sleek advertising and a food industry that is in the business of consumption and has hijacked terms such as "in moderation" as dominant influencers.

She says, rather than the arbitrary "in moderation" mantra, the 80-20 rule is a much better method on which to base your nutritional decisions.

"The 80-20 rule states that 80 per cent of the time you focus on good-for-you foods and 20 percent of the time you have the freedom to indulge," she says. "Also, think about your day and find opportunities to make room for fitness. For example, take time between classes to go for a walk."

However, Kirk cautions against an all or nothing attitude when it comes to making changes.

Instead, she says, it is best to take baby steps that are easy to incorporate into your daily routine. For example, fast food, despite being loaded with fat, sugar and salt, is cheap and convenient, making it accessible to students.

Kirk suggests being mindful if you find yourself at a burger joint.

"Rather than completing your meal with fries, do it with a salad," she says. "Also, get wise to things like going to the gym and treating yourself to a chocolate bar because you've 'earned' it. That chocolate bar will blow out of the water whatever you did at the gym. Being mindful more often than not will help you to start to shift your behaviours."

SHUTTERSTOCK

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STUDENTS SHOW OFF SOME SPECIAL DISHES

A five-course, fine dining experience for just $30 or $45 with wine pairings is unheard of.

But that's exactly what Vancouver Community College's international culinary arts students are serving at their pop-up restaurant, the Chef's Table, until Dec. 18.

"We really want to bring customers in and show off our students and some special dishes," says program coordinator John Carlo Felicella of the restaurant, which is a part of the 17-month offering's curriculum. "We are serving everything from Atlantic lobster and foie gras parfait to venison. What we offer is in line with or better than any restaurant in the city. Everyone leaves in amazement."

The restaurant, which operates Tuesday to Friday with a seating time of 6:30 p.m., is facilitated from the Broadway Campus' Quizine Kitchen (entrance on Glen Dr. at E. 8th Ave).

And while the location typically serves as a cafeteria, Felicella says patrons will be surprised at its transformation.

"We max out at 26 people and it is communal seating," he says. "The section of the cafeteria we use gets transformed into a different world with lighting, linens, candles, fabric and high-end service."

Students, for their part, look after everything from running the restaurant and cooking to serving wine pairings with the dishes, rotating between the dining room and kitchen for the two months during which they operate the restaurant.

"They are in a dreamland," Felicella says of students' reaction to the course, which is led by renowned chefs Hamid Salimian and Tobias MacDonald. "You watch them work and they are so professional and proud. They know what they're doing is special."

Aside from a changing menu, Felicella says another unique aspect of the Chef's Table is its theatre-style format, which allows for interaction between customers and students as service is finished in front of guests.

"For instance, liquid nitrogen ice cream or a last-minute sear is completed in front of guests and people love it," he says. "And for some international students, who may be shy due to language, it enables them to come out of their shell."

To make reservations at the Chef's Table, email thechefstable@vcc.ca.

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English as an additional language Tuesday, Nov. 17, 6:30 p.m. – room 916	Downtown
Teaching English to speakers of other languages (TESOL) Wednesday, Nov. 18, 11 a.m. – room 916	Downtown
University transfer & Adult upgrading Wednesday, Nov. 18, 3 p.m. – room B G222	Broadway
Dental hygiene Wednesday, Nov. 18, 5 p.m. – rm 501	Downtown
Auto collision repair and auto refinishing Wednesday, Nov. 18, 5:30 p.m. – lobby, building A	Broadway
Hospitality management Thursday, Nov. 19, 6 p.m. – room 420	Downtown
Culinary arts Friday, Nov. 20, 9:30 a.m. – room 112 (theatre)	Downtown

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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UBC earns top spot in Canada for sustainability

The University of British Columbia (UBC) was recently named the top university in Canada for sustainability. This was actually the school's second consecutive Gold rating from the Sustainability Tracking, Assessment & Rating System (STARS).

UBC credits a forward-thinking sustainability strategy, ambitious greenhouse gas reduction targets and innovative clean energy projects for its top ranking. UBC interim president Martha Piper spoke in a media release about the news and was understandably thrilled.

"I am delighted that UBC's efforts in sustainability have once again been recognized at the highest level by STARS," said Piper. "This recognition is further proof of our commitment to leadership in global sustainability through groundbreaking research, education and innovative projects on campus."

In addition to being the top-rated university in Canada, UBC was ranked in the top 10 of all institutions that were rated using the latest version of STARS 2.0., and among universities with an enrolment of more than 30,000, UBC ranked in the second highest position overall.

UBC opened its sustainability office in 1997 and in 2014 completed a 20 year sustainability strategy for its Vancouver campus. The strategy included a framework for embedding regenerative sustainability across platforms such as teaching, learning, research, partnerships, operations and infrastructure, and the community. The school now offers over 600 sustainability-oriented courses and over 40 sustainability-related programs. For more on the UBC's Sustainability Initiative, visit sustain.ubc.ca.

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University classes in a more personal setting

Students looking to take first and second year university-level studies in a more personal setting should look no further than Columbia College, says the school's director of admissions.

"Our university transfer program is geared mainly towards international students who would benefit from a smaller classroom setting and from having support while adjusting to the Canadian school system," says Peter Ashby.

Not to be mistaken with university preparatory courses, the university transfer program sees students completing first and second year courses before applying to the university of their choice. Columbia College, says Ashby, offers business, communications, liberal arts, social sciences, computer sciences and engineering university transfer options.

"Because all universities have different requirements, students meet with a counsellor to do course planning on the assumption their will apply to three universities," he says. "For all of these options, expect engineering, students can complete the first two years with us. For engineering, they would transfer after one year of study."

Parampreet Singh of New Delhi, now a second-year engineering student at the University of British Columbia, says Columbia's university transfer program prepared him for the challenges of his program.

CONTRIBUTED

"As a result of my experience at Columbia, I think I am having an easier time adjusting to the workload at UBC," he says.

Columbia College also facilitates associate degrees in arts and science, a university preparatory foundations program and English language instruction.

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metro SPORTS

Avalanche centre Matt Duchene was named the NHL's first star of the week after recording 4 goals and 8 points in 3 games — all road wins

Reflective Harris' future seems to hang in balance

CFL

Frustrated free agent says he must 'reassess' staying in B.C.

Cam Tucker
Metro | Vancouver

Andrew Harris of the B.C. Lions rushed the ball a league-best 222 times in 2015. ANDRE RINGUETTE/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

As the B.C. Lions cleaned out their lockers the day after Sunday's playoff loss in Calgary, Andrew Harris faced a long line of questioning from media about his up-in-the-air future with the club. It doesn't sound promising.

Harris is 28 years old and feels there is good football left in him. He's a Canadian running back, coming off his second career season of 1,000 yards rushing along with being tops in the league in combined yards from scrimmage with 1,523.

He's also a free agent, having wrapped up a year in which he admitted to being frustrated.

"It's been a great journey but the writing's kind of on the wall at this point in time. I just don't know what's going to happen," Harris said Monday.

"The way the season's gone, obviously there's been frustration and there's been times where … the amount of effort and things I put into this club, I feel like it hasn't been reflected the same way back to me.

"That's been frustrating and I've just got to reassess that. I want to go through the season and my next couple of years being comfortable in a place where I'm happy. Being a B.C. Lion has been a happy place for me, it's been a great journey but I've really got to reassess where I want to be next year."

Harris also seems to have taken issue with how he was used within the offence as the season progressed.

Harris rushed the ball a league-best 222 times.

At times, the Lions leaned heavily on Harris in the run game. Other times, the Lions completely abandoned the run game. "He had his opportunities," said head coach Jeff Tedford. "I think he did a good job but whatever his future is, I'm unsure of right now."

Harris also didn't rule out the possibility of re-signing with the Lions. But based on his comments, his decision will come down to more personal factors.

"It's a self-reflection on what I need for myself and wanting to do for my family and business," said Harris. "Just gotta do what's best for that."

IN BRIEF

Mariners get outfielder Martin from Texas, for reliever Wilhelmsen

The Mariners have acquired outfielder Leonys Martin from Texas as part of a four-player trade that sent right-handed reliever Tom Wilhelmsen to the Rangers.

Texas also obtained outfielder James Jones in Monday's deal, and Seattle received right-handed reliever Anthony Bass. It was the third significant trade by new Seattle general manager Jerry Dipoto.

Defensively-solid Martin played in 92 games, missing most of August and September after breaking a bone in his right hand, but still had 13 outfield assists. Two seasons ago, Martin hit .274 in 155 games and had 11 outfield assists.

THE ASSOCIATED PRESS

Canada moves up to 7th in basketball rankings

Canada has climbed two spots to seventh on the FIBA combined men's and women's world basketball rankings. The Canadian women won both the FIBA Americas Olympic qualifying tournament in Edmonton, and the Pan American Games in Toronto.

The men were third at their FIBA Americas tournament, enough to guarantee them a spot in a last-chance Olympic qualifying tournament next year. The United States, Spain, France, Australia, Russia and Argentina continue to hold down the top six spots. THE ASSOCIATED PRESS

NFL

Broncos to rest injured Manning

Peyton Manning won't suit up against the Chicago Bears on Sunday. Broncos coach Gary Kubiak is going with backup Brock Osweiler as he tries to get his 39-year-old quarterback healthy.

Manning is dealing with a variety of ailments, including a torn plantar fascia in his foot, a person familiar with the situation told The Associated Press on Monday. He also has a sore right shoulder and a ribcage injury.

"I'm disappointed that I'm injured," a sombre Manning said at his locker. "I'm disappointed in the game yesterday. I will try to take advantage of this week and try to get to feeling better and getting healthy."

Manning had the worst game of his career Sunday in Denver's 29-13 loss to Kansas City. He completed 5 of 20 passes for 35 yards with four interceptions and had a 0.0 passer rating.

THE ASSOCIATED PRESS

SOCCER IN BRIEF

Walters' double sends Ireland to Euro 2016

Ireland qualified for next year's European Championship on Monday as Jonathan Walters returned from suspension to score both goals in a 2-0 win over Bosnia-Herzegovina and secure a 3-1 aggregate playoff win.

Walters converted a penalty in the 24th minute after Ervin Zukanovic's handball in the box then scored his second goal 20 minutes from full time.

THE ASSOCIATED PRESS

Friendly in Belgium called off due to security concerns

Belgium has called off Tuesday's friendly against Spain because of security concerns.

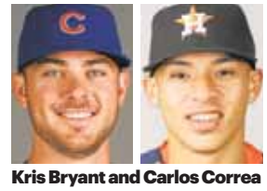
The Belgian football federation says the decision was taken late Monday after the government recommended that the game not be played.

France has identified a 27-year-old Belgian as the mastermind of the Paris attacks that killed 129 people on Friday.

THE ASSOCIATED PRESS

MLB

Bryant and Correa named top rookies



Kris Bryant and Carlos Correa
THE ASSOCIATED PRESS

Chicago Cubs third baseman Kris Bryant was a unanimous pick as NL Rookie of the Year, and Houston Astros shortstop Carlos Correa was voted the AL honour.

Bryant made his debut on April 17 and became an NL all-star. The 23-year-old hit .275, leading big league rookies with 26 homers, 31 doubles and 99 RBIs as Chicago returned to the playoffs for the first time since 2008.

Correa, 21, made his debut June 8 and hit .279 with 22 homers, 68 RBIs and 14 steals, helping the Astros make their first post-season appearance in a decade. THE ASSOCIATED PRESS

Canucks blow three-goal lead

NHL

Desharnais' OT winner earns Habs exciting comeback win

MONDAY in Montreal

4	3
CANADIENS	CANUCKS

A short-handed goal by Lars Eller turned around a game that looked lost for the Montreal Canadiens.

Trailing 3-0 and with Brian Flynn off for roughing, Eller opted to shoot on a two-on-one with Devante Smith-Pelley and beat Jacob Markstrom to put Montreal on the board at 8:40 of the second period.

A goal from Max Pacioretty and a late tally from Tomas Fleischmann tied the game, and David Desharnais got the winner 3:25 into overtime as the Canadiens downed the struggling Vancouver Canucks 4-3 on Monday night.

"Lars' goal was big for us; it woke everybody up," said Desharnais. Before then, Montreal looked headed toward an a second straight embarrassing loss on home ice after a 6-1 drubbing at the hands of the Colorado Avalanche on Saturday night.

Instead, the Canadiens improved to 14-3-2 with their first OT win of the season.

Fleischmann, playing his 600th NHL game, beat Markstrom on a rush down the right side to tie the game at 16:52 of the third period. Desharnais completed a tic-tac-toe play with P.K. Subban and Fleischmann on a rush with a one-timer from the right side for the winner.

Adam Cracknell and Jared McCann scored in the first frame, and Daniel Sedin had a power-play goal early in the second for the Canucks (7-6-6), who dropped to 1-3-2 on a seven-game road trip that ends in Winnipeg on Wednesday night.

"We've got to be positive," said Canucks captain Henrik Sedin, whose team was outshot 36-26. "I thought tonight was probably our best road game of the year.

"I thought we played really well. We gave up that short-handed goal, and that kind of turned things around, but we're a young team. We have to learn from our mistakes. In moments like that, we're still up 3-1 and we've got to keep going."

It was Vancouver's sixth overtime loss of the season. Sedin said, "We have to be better three on three."

It was the Canucks that ended Montreal's nine-game winning run to start the season with a 5-1 decision in Vancouver on Oct. 27. Since then, Montreal is 5-3-2.

It looked like the Canucks would do it again when Derek Dorsett bumped Jeff Petry and the puck slid to Cracknell for a goal into an open side only 1:26 in. It was the fourth straight game the Canadiens allowed an early goal.

Brandon Gallagher was serving four minutes for a high stick that drew blood from Daniel Sedin when his brother Henrik fed the puck across to McCann for a goal into an open side at 17:54. Daniel Sedin's shot 3:18 into the second period went off Mike Condon's stick and lodged in the stitching at the top of the net. The power-play goal needed video review to show it was in the net.

After Eller scored, Pacioretty added one at 10:53 when he collected a loose puck and backhanded it in. The Canucks were without Alexandre Burrows, whose wife was having a child, as well as former Canadien Brandon Prust and Brandon Sutter. Hunter Shinkaruk played his first NHL game.

THE CANADIAN PRESS

The Canadiens' Max Pacioretty scores past Canucks goalie Jacob Markstrom at the Bell Centre in Montreal on Monday. MINAS PANAGIOTAKIS/GETTY IMAGES

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RECIPE White Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Is it wrong that we're kind of jealous of you getting to try this creamy, zesty twist on chilli for the first time?

Ready in
Prep time: 25 minutes
Serves 4

Ingredients
- 1 lb chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannelini beans
- 2 cups low-sodium chicken stock
- 2 Tbsps lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup greek yogurt
- Salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions
1. Brown the chicken over medium heat in small batches — don't worry about cooking it through. Remove from the pan and place on a plate. Set aside.
2. Sauté the onions and garlic until they start to smell fantastic. Now add the spices and let them cook for a minute or two. Add the beans, broth and add the chicken back. Simmer for about 20 minutes.
3. Turn the heat down and stir in the yogurt. Add the lime juice and salt and pepper to taste. Serve with a good sprinkling of cilantro.

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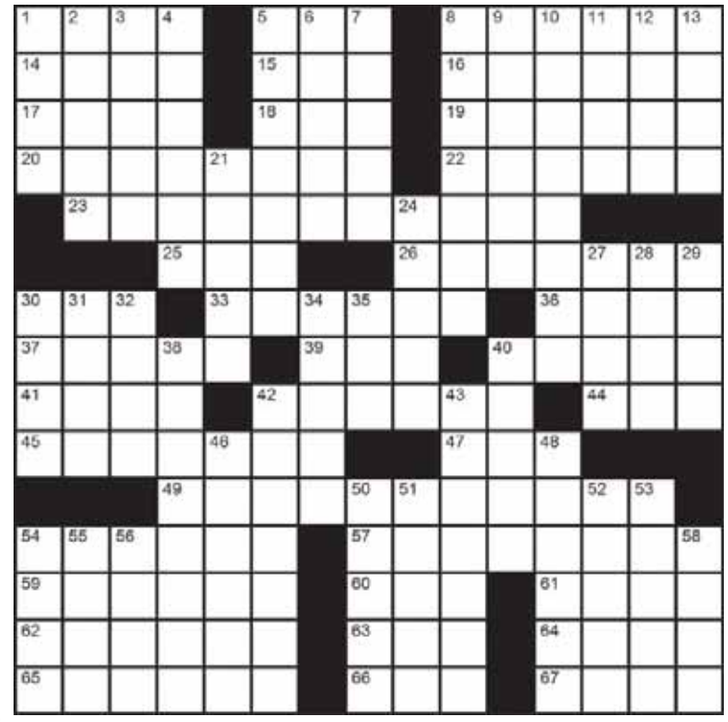
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Who Let the Dogs Out" by __ Men
5. Tank's filling
8. Thronged
14. Some brand name electronics
15. Old English letter
16. Visiting the Trevi Fountain or Colosseum: 2 wds.
17. Popular painting flower
18. Born, in society notices
19. "Casino" (1995) actress Ms. Stone
20. Puts on the kettle, drops a bag into the cup...: 2 wds.
22. Truthful
23. Stewart __ (Canadian co-founder of #33-Across)
25. Mystery novelist Ms. Grafton
26. Glow
30. Mr. Diesel
33. Photos-sharing website
36. Switchblade
37. Taylor Swift's "Shake __ __"
39. Shoe part
40. The South __ (Area near Montreal)
41. Neutral tone
42. French animal rights activist Brigitte
44. Hankering
45. Business school for Donald Trump
47. Red Chamber fig.
49. Russian-born Hollywood movie producer who headed MGM and is an honoured member of Canada's Walk of Fame having been raised in Saint John, New Brunswick: first name + initial + surname
54. Dupe, archaically
57. Brit's "Bye-bye!"
59. Approximately
60. Entries
61. Sea wolf
62. "__ Nights" (1997) starring Burt Reynolds and Mark Wahlberg
63. Spud-exporting prov.
64. 'Neat' and 'Beat' suffixes
65. Old Testament's Book of __
66. 'Heir' suffix
67. Faxed

DOWN
1. Hat part
2. "Don't be such _ __!" (Stop being so grouchy)
3. Verse form of Japan
4. Holdings
5. Well mannered
6. "Doe _ __...": Lyric snippet in "The Sound of Music" (1965)
7. Bundle
8. Get what someone said wrong
9. Waiting to be connected: 2 wds.
10. Wield, as a knife
11. Drill hole
12. Goth music fans
13. Car ding
21. Things
24. Galled
27. Yo! from a yacht
28. Get weary
29. Level
30. Perspective
31. Longing
32. Ms. Ephron
34. Frances __ (Belleville, ON born writer who is a Member of the Order of Canada. Her bestsellers include Deafening and #51-Down.)
35. __ anglais (English horn)
38. Soldier's temporary leave
40. Place
42. City in Colorado
43. Gradual method of learning
46. $2 coin
48. Stockings
50. R.E.M. singer Michael
51. Remembering the _ (Novel by #34-Down)
52. Spooky
53. __ '.' Roll
54. Pig in the movies
55. Cupid's Greek counterpart
56. Height measurement
58. Brewer's kiln

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If there's something about your situation that you don't like there's nothing stopping you from changing it. But first, ask yourself if you really dislike it or if you're just bored.

Taurus April 21 - May 21
Something will happen that catches you by surprise. It may not be an enjoyable one but if you are honest with yourself you'll admit that you needed a kick to get moving again.

Gemini May 22 - June 21
It may feel as if you are running out of time but it isn't true. Time never runs out — there will always be another chance, and another after that, a bit further down the road. Don't put so much pressure on yourself.

Cancer June 22 - July 23
Don't let other people's cautious ways hold you back from trying something new. Taking chances pays off for you more often than not, so follow your instincts.

Leo July 24 - Aug. 23
As a general rule you don't like surprises but what happens next will not only surprise you but please you as well. If you are invited to a social event you must go.

Virgo Aug. 24 - Sept. 23
Look for ways to settle a dispute agreeably today. If you allow it to drag on it may distract you from more important things. Even if you are the one who is owed an apology it will pay you to say sorry yourself.

Libra Sept. 24 - Oct. 23
You won't be able to please everyone today, so decide who is of most importance to you and focus on doing what makes them feel good. Better yet, do what makes you feel good.

Scorpio Oct. 24 - Nov. 22
Give a helping hand with no thought of reward. With the Sun in your sign chances are you don't want for anything but not everyone is as fortunate as you, so spread a little joy.

Sagittarius Nov. 23 - Dec. 21
You want to be dynamic but something seems to be holding you back. Wait until the Sun moves into your sign on the 22nd, then you can be sure that you are doing the right thing and making the right moves.

Capricorn Dec. 22 - Jan. 20
It may seem as if certain things are beyond your control. Don't get depressed about it. Life moves in cycles and if you are on a downward curve you'll be on an upward curve soon.

Aquarius Jan. 21 - Feb. 19
All routes lead to your ultimate destination, so don't think you have to change direction if you are not making as much progress as you would like. It's not where you go but what you learn along the way that matters.

Pisces Feb. 20 - March 20
Someone will make you the kind of offer you find hard to believe but if you don't take it seriously you will kick yourself later when you realize that it was on the level.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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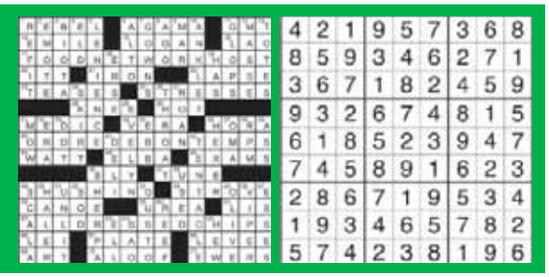

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